



Monday October 12 – Sunday October 18

Monday

Roasted Butternut Squash & Broccoli Kale Salad with Creamy Garlic Dressing

Tuesday

Chicken Pot Pie Soup

Wednesday

Creamy Spinach Stuffed Salmon

Thursday

Simple Green Bean & Chicken Stir Fry

Friday

Dynamite Shrimp Bowl

Saturday

Creamy Chicken & Spinach Cannelloni

Sunday

Vietnamese Pork Lettuce Cups



Shopping List (October 12 - October 18)

Produce

- | | | |
|--|--|---|
| <input type="checkbox"/> 3 Limes | <input type="checkbox"/> 1 head Butter/Bibb Lettuce | <input type="checkbox"/> 1 Red Onion |
| <input type="checkbox"/> 2 Lemons | <input type="checkbox"/> 1 bunch Tuscan Kale | <input type="checkbox"/> 3 Shallots |
| <input type="checkbox"/> 4 Carrots | <input type="checkbox"/> 1 small head Purple Cabbage | <input type="checkbox"/> 1 bag frozen Peas |
| <input type="checkbox"/> 1 large Cucumber | <input type="checkbox"/> 2 heads Cauliflower | <input type="checkbox"/> 1 stalk Lemongrass |
| <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 1 Butternut Squash | <input type="checkbox"/> 2 Serrano/Fresno Chilies |
| <input type="checkbox"/> 3 stalks Celery | <input type="checkbox"/> 4 inch piece Ginger | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> 1 head Broccoli | <input type="checkbox"/> 3 heads Garlic | <input type="checkbox"/> Mint |
| <input type="checkbox"/> 3 Eggplant | <input type="checkbox"/> 1 bunch Scallions | <input type="checkbox"/> Thai Basil |
| <input type="checkbox"/> 12 oz Green Beans | <input type="checkbox"/> 4 Yellow Onions | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> 4 Radishes | | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> 3 cups Spinach | | |

Proteins

- | | |
|---|---|
| <input type="checkbox"/> 2 pounds Chicken Breasts | <input type="checkbox"/> 4 large Salmon Fillets |
| <input type="checkbox"/> 6 ounces Ground Chicken | <input type="checkbox"/> 1/2 pound large Shrimp |
| <input type="checkbox"/> 1 pound Pork Tenderloin | <input type="checkbox"/> 1 Egg |

Pantry Items

- | | | |
|--|--|---|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Chicken Stock | <input type="checkbox"/> Arrowroot Flour |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> 1 x 14oz cans of chopped Tomatoes | <input type="checkbox"/> Baking Soda |
| <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Honey or Medjool Dates |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 1 cup Raw Cashews | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> 1/3 cup Almonds | <input type="checkbox"/> Ghee |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Fish Sauce | | <input type="checkbox"/> White Pepper |